



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 01 July 2023 |

Balance your chakras for better health, happiness, and success

First time I heard someone say “you need to balance your chakras”, you might as well said, “tell me what you know about juggling.” A term I love as it references my favorite comedian, and is a true to God southern saying, “***I don’t know shit from***

Shinola about chakras!” This was around when I was 26, that was 35 years ago. My knowledge has grown exponentially since then.



What are Chakras?

The word “chakra” comes from the Sanskrit word “cakra,” which means “wheel.” Chakras are believed to be energy centers in the body that are responsible for our physical, emotional, and spiritual well-being. There are seven main chakras, each of which is associated with a different color, element, and aspect of our lives.

The seven chakras are:

- **Root Chakra (Muladhara):** Located at the base of the spine, the root chakra is associated with the color red, the element earth, and basic survival needs such as food, shelter, and security.
- **Sacral Chakra (Svadhithana):** Located below the navel, the sacral chakra is associated with the color orange, the element water, and creativity,

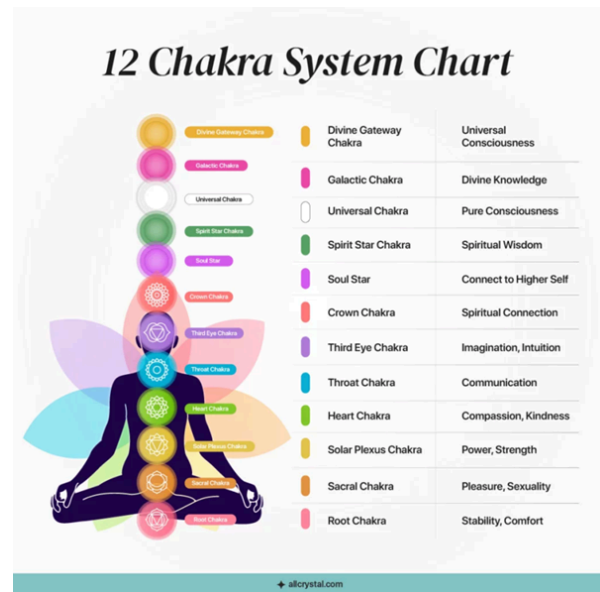
sexuality, and pleasure.

- **Solar Plexus Chakra (Manipura):** Located just below the ribcage, the solar plexus chakra is associated with the color yellow, the element fire, and personal power, confidence, and self-esteem.
- **Heart Chakra (Anahata):** Located in the center of the chest, the heart chakra is associated with the color green, the element air, and love, compassion, and forgiveness.
- **Throat Chakra (Vishuddha):** Located at the base of the throat, the throat chakra is associated with the color blue, the element ether, and communication, truth, and expression.
- **Third Eye Chakra (Ajna):** Located between the eyebrows, the third eye chakra is associated with the color indigo, the element light, and intuition, insight, and wisdom.
- **Crown Chakra (Sahasrara):** Located at the top of the head, the crown chakra is associated with the color violet, the element thought, and enlightenment, spirituality, and connection to the divine.

CHAKRA GUIDE						
Root	Sacral	Solar Plexus	Heart	Throat	Third-Eye	
Base Of Spine	Lower Abdomen	Stomach	Heart	Throat	Forehead	
Earth	Water	Fire	Air	Ether	Light	
LAM	YAM	RAM	YAM	HAM	AUM (Om)	
Safety, security	Sexuality, desire, pleasure	Personal power, purpose	Balance, love	Self-expression, expansion, healing	Intuition, imagination	
Spine, rectum, legs, arms, circulatory system	Reproductive organs, kidneys, bowels, immune system	Central nervous system, pancreas, liver, skin, digestive tract	Heart, thymus, liver, lungs, circulatory system, immune system	Throat, respiratory system, teeth, vocal chords, thyroid	pituitary gland, ears, brain, sinuses	
Safe, secure, centered, grounded, happy to be alive	Passion, creative, healthy libido, optimistic, open	Confident, in control, optimistic, joyful, easy going	Generous, loving, compassionate, peaceful, open, empathetic	Expressive, good communication, trustworthy, calm, honest	Intuitive, faithful, imaginative, introspective, clarity of mind	
Fearful, anxious, insecure, self-pity, self-doubt, aggressive	Low libido, fear of intimacy, aloof, destructive, dependent	Low self-esteem, powerless, pessimistic, over analytical	Lack of empathy, bitter, hateful, trust issues, bitter, jealous	Can't express self, secretive, quiet, shy, needy, not good listener	Poor judgment, lacks focus, poor imagination, depressed	
Greedy, lust for power, aggressive, materialistic, cynical	Over emotional, fixated on sex, hedonistic, manipulative	Power hungry, dominating, perfectionist, critical	Judgment, self-reflecting, codependent, give too much	Optimistic, loud, critical, gossip, interrupt, harsh words	Hypocrites, dishonest, hollow emotions, abusive	
Berries, pomegranates, apples, raspberries, pomegranates, protein	Berries, pomegranates, apples, raspberries, pomegranates, protein	Yellow peppers, yellow lemons, bananas, corn, squash	Spinach, broccoli, kale, peas, other leafy greens	Blackberries, blue raspberries, figs	Purple pomegranates, blackberries, plums, purple grapes	

	CONNECTION The Crown chakra focuses on our connection to the divine, we imagination and spirituality. When unbalanced we may feel disconnected, depressed and experience headaches. Element: Ether
	INTUITION The Third eye chakra focuses on thought, intuition, and dreams out of balance you may have headaches, loose focus, judgment, difficulty sleeping. Element: Light
	TRUTH The Throat Chakra focuses on expression, truth, leadership, and communication. When unbalanced you may feel paralyzed, in have thyroid or ear issues, feel unheard. Element: Sound
	LOVE The Heart chakra focuses on compassion, love for self and others connection. The Heart chakra is where you can connect to you send connection energy out to others. When unbalanced you may feel grief or heartache, disconnection, hopeless and rejected. Element: Air
	ENERGY The Solar Plexus or power chakra focuses on your power, gut feelings, confidence, sense of control, and forward movement. When out of balance experience digestive issues, low self esteem/worth, anxiety and loss of belief. Element: Fire
	EMOTIONS The Sacral chakra focuses on creativity, body confidence, emotional needs. You may feel lonely, emotions going everywhere, conscious, low libido, and lack of creative ideas when out of balance. Element: Water
	INSTINCT The Root chakra focuses your sense of security, survival, and This is also where we store money beliefs. When unbalanced depleted, hopeless, anxious and fearful. Element: Earth

BALANCE EMOTIONS BY BALANCING CHAKRAS with aromatherapy		
confusion, foggy, foggy		frankincense, lavender, spikenard, elemi, sandalwood
feeling stuck, denial		basil, rosemary, juniper, angelica, thyme
judgment, fear of speaking truth		peppermint, lime, cypress, wintergreen, laurel
separation, loneliness, hatred		palmarosa, rose, marjoram, helichrysum, bergamot
helplessness, irritability, low self-esteem		ginger, grapefruit, hyssop, cedarwood, lemon
guilt, shame, emotional instability		ylang ylang, orange, clove, jasmine, fennel
fear, insecurity, depression		vetiver, patchouli, myrrh, sandalwood, black spruce



The Function of Chakras

Chakras are believed to function as energy centers that regulate the flow of energy throughout the body. When the chakras are balanced, energy flows freely and we experience a sense of well-being. However, when the chakras are blocked, energy becomes stagnant and we may experience physical, emotional, or spiritual problems.

The chakras are also believed to be associated with different aspects of our lives. For example, the root chakra is associated with basic survival needs, the sacral chakra is associated with creativity and sexuality, and the solar plexus chakra is associated with personal power and confidence. When a particular chakra is blocked, we may experience problems in the corresponding area of our lives.

Balancing Chakras

There are many different ways to balance chakras. Some common methods include:

- **Yoga:** Certain yoga poses are believed to stimulate specific chakras.
- **Meditation:** Meditation can help to clear blockages in the chakras and promote a sense of peace and well-being.

- **Crystals:** Crystals are believed to have healing properties that can help to balance the chakras.
- **Sound therapy:** Sound therapy, such as singing bowls or chanting, can help to clear blockages in the chakras and promote a sense of harmony.
- **Aromatherapy:** Essential oils are believed to have healing properties that can help to balance the chakras.



Conclusion

Chakras are an important part of many spiritual and healing traditions. By understanding the chakras and how to balance them, we can improve our physical,

emotional, and spiritual well-being.

Additional Information

- There is no scientific evidence to support the existence of chakras. However, many people believe that they are real and that they can have a positive impact on our health and well-being.
- The concept of chakras originated in ancient Indian philosophy. However, they have been adopted by many other cultures and traditions, including yoga, meditation, and energy healing.
- There are many different ways to balance chakras. The best method for you will depend on your individual needs and preferences.

I've placed a more detailed PDFs of each of the chakras. I wrote about them last month. Just click on which chakra you are wanting more info on. [Root](#) | [Sacral](#) | [Heart](#) | [Solar Plexus](#) | [Throat](#) | [Third Eye](#) | [Crown](#) |

I hope this has given you a better understanding of chakras and their function. If you are interested in learning more, I encourage you to do some research on the topic and to experiment with different methods of balancing your chakras.



I hope that by this point in the 2024 planner, you have found a self-care routine that works for you. Just as the rhythms of a circus are as diverse as the people on this planet, so too are the rhythms of self-care. I'm sure you've experienced some obstacles and setbacks along the way, but I also hope that you have remained firm in your commitment to your self-care plan. Sometimes, you just have to "bear" with your program even when you don't feel like it.



For me personally, it would be difficult to have a daily self-care routine that is too intense. It's important to practice self-love and non-judgment with yourself and your self-care program.

Just like I can't run a marathon, I still need to find a balance between education, application, and dedication. Learning about the chakras was like juggling. Finding your rhythm is about finding balance. I like to call it equipoise.

The day-to-day necessities will stay the same or fluctuate some. How you incorporate your spiritual practices may look different, just like the seasons.

Sometimes it will be daily, every other day, every three days, or once a week. You will need to find your own balance first. Then the rhythm will come naturally.

The word “**equipoise**” means a state of balance or equilibrium. It can also refer to a state of doubt or uncertainty, as when there is no clear consensus on a particular issue.

The word “**equipoise**” comes from the Latin word “*aequipondēre*,” which means “to weigh equally.” The word was first used in English in the 16th century.

Here are some examples of how the word “equipoise” can be used in a sentence:

- The two candidates were in a state of equipoise, with the polls showing a dead heat.
- The judge’s decision was based on the equipoise of the evidence, with no clear indication of which side was more likely to be correct.
- The doctor advised the patient to maintain an equipoise of mind, as stress could exacerbate the symptoms.



1. **Determine to become more intimate with your concept of a Creator**
2. **Collect books, quotes, read books from your spiritual path**
3. **Avail yourself to mentor one in need of a mentor**
4. **Develop a deeper connection to your meditation time**
5. **Keep a journal of your observations, thoughts, awareness's, questions**

Here are 4 exercises to assist in finding equipoise:

1. **Meditation:** Meditation is a great way to calm the mind and body, and to find a sense of balance. There are many different types of meditation, so you can find one that works best for you.
2. **Yoga:** Yoga is another great way to find equipoise. Yoga poses help to align the body and mind, and to promote a sense of peace.
3. **Breathwork:** Breathwork is a powerful tool for finding equipoise. There are many different types of breathwork, so you can find one that works best for you.
4. **Nature:** Spending time in nature can help to connect you with your surroundings, and to find a sense of peace and balance.

Here are some additional tips for finding equipoise:

- **Practice mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. When you are mindful, you are more likely to be aware of your thoughts and feelings, and to be able to let go of negative emotions.
- **Get enough sleep:** When you are well-rested, you are better able to cope with stress and to find a sense of balance.
- **Eat a healthy diet:** Eating a healthy diet gives you the energy you need to function at your best, and helps to improve your overall mood and well-being.
- **Connect with loved ones:** Spending time with loved ones can help you to feel supported and connected, and to find a sense of balance in your life.

I hope these exercises and tips help you to find equipoise.

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Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

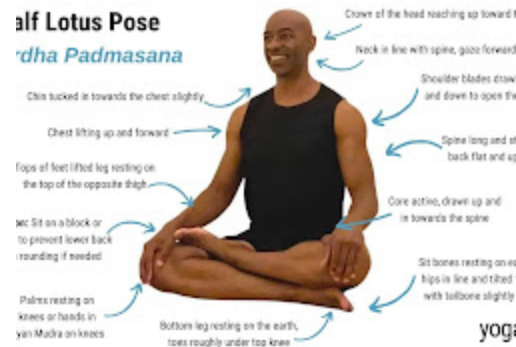
Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

Here are 3 esoteric hatha yoga asanas to assist in finding equipoise:

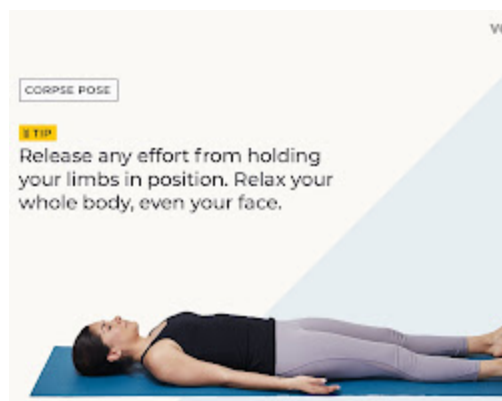
- **Padmasana (Lotus Pose):** This pose is a classic yogic posture that is said to promote equipoise and balance. To do Padmasana, sit on the floor with your legs extended in front of you. Bend your right knee and place your right foot on your left thigh. Then, bend your left knee and place your left

foot on your right thigh. Sit up straight and relax your shoulders. [Yogajala](#)
Padmasana (Lotus Pose) yoga asana



Modifications

- **Savasana (Corpse Pose):** This pose is a simple yet powerful way to find equipoise and relaxation. To do Savasana, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your entire body. Focus on your breath and allow any thoughts or emotions to come and go without judgment. [Verywell Fit](#) Savasana (Corpse Pose) yoga asana



Yoga Posture :: Corpse Pose / Savasana with modifications



with **Modifications (Variations)**

- **Supta Virasana (Reclining Hero Pose):** This pose is a calming and grounding pose that is said to promote equipoise and balance. To do Supta Virasana, lie on your back with your knees bent and your feet flat on the floor. Bring your feet in towards your pelvis and rest your knees on the floor. Place your arms at your sides with your palms facing up. Close your eyes and relax your entire body. [Gaia](#) Supta Virasana (Reclining Hero Pose) yoga asana





Variations

These are just a few examples of esoteric hatha yoga asanas that can assist in finding equipoise. There are many other poses that can be helpful, so it is important to find ones that work best for you.

It is also important to note that these poses should not be done if you have any health conditions. If you are unsure about whether or not a pose is safe for you, please consult with a yoga instructor or healthcare professional.

Research

Here are 3 academic and scientific articles on the benefits of finding equipoise:

1. **“The Benefits of Equipose: A Review of the Literature”** by Megan C. Carr and Christopher A. Germer, published in the journal *Mindfulness* in 2017. [ResearchGate](#) Benefits of Equipose: A Review of the Literature article

This article reviews the scientific literature on the benefits of equipose. The authors found that equipose is associated with a number of positive outcomes, including:

- Increased mindfulness
- Reduced anxiety and depression
- Improved decision-making
- Enhanced creativity
- Increased self-compassion

2. **“Equipose: A State of Mind That Promotes Well-Being”** by Christopher A. Germer, published in the book *The Mindful Path to Self-Compassion* in 2009. [ResearchGate](#) Equipose: A State of Mind That Promotes Well-Being article

This article provides a detailed overview of the concept of equipose and its benefits. Germer argues that equipose is a state of mind that is characterized by openness, curiosity, and non-judgment. He also suggests that equipose can be cultivated through mindfulness practices.

3. **“The Role of Equipose in Clinical Decision-Making”** by Howard Brody, published in the journal *Theoretical Medicine and Bioethics* in 2000. [SAGE Journals](#) Role of Equipose in Clinical Decision-Making article

This article discusses the role of equipose in clinical decision-making. Brody argues that equipose is a necessary condition for informed consent, as it ensures that patients are making decisions based on accurate information. He also suggests that equipose can be difficult to achieve in some cases, such as when there is no clear consensus on the best course of treatment.

I hope these articles are helpful. Please let me know if you have any other questions. You can email me at: [Email](#)



Instantly heal your chakras with this binaural recording [LINK](#)

Resources

- [PTSD resources](#)
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**
<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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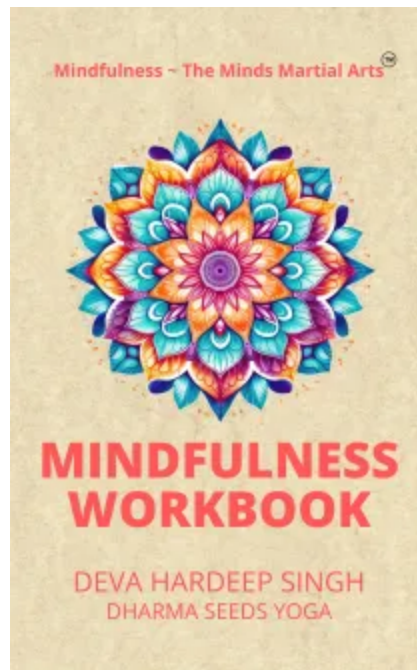
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NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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